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Approved for use through 09/30/2007 OMB 0651-0031 U.S. Patent and Trademark Office; U.S. DEPARTMENT OF COMMERCE Under the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of Information unless it displays a valid OMB control number Application Number 10/774 482 Filing Date TRANSMITTAL 10/774.482 First Named Inventor **FORM** DeGroot, Karl Art Unit 3764 Examiner Name Victor Hwang (to be used for all correspondence after initial filing) Attornoy Docket Number 02-1586 Total Number of Pages in This Submission **ENCLOSURES** (Check all that apply) After Allowance Communication to TC Fee Transmittel Form Drawing(s) Appeal Communication to Board Licensing-related Papers of Appeals and Interferences Fee Attached Appeal Communication to TC (Appeal Notice, Brief, Reply Brief) ✓ Amendment/Reply Petition Petition to Convert to a Proprietary Information After Final Provisional Application Power of Attorney, Revocation Status Letter Change of Correspondence Address Affidavits/declaration(s) Other Enclosure(s) (please Identify Terminal Disclalmor below). **Extension of Time Request** Request for Refund Express Abandonment Request CD, Number of CD(s) Information Disclosure Statement Landscape Table on CD Certified Copy of Priority Remarks Document(s) Reply to Missing Parts/ Incomplete Application Reply to Missing Parts under 37 CFR 1.52 or 1.53 SIGNATURE OF APPLICANT, ATTORNEY, OR AGENT Firm Name Ellas Borge Signature Printed name Elias Borges Reg. No. Date 46,424 May 18, 2007 **CERTIFICATE OF TRANSMISSION/MAILING** I hereby certify that this correspondence is being facsimile transmitted to the USPTO or deposited with the United States Postal Service with sufficient postage as first class mail in an envelope addressed to: Commissioner for Patents. P.O. Box 1450, Alexandria, VA 22313-1450 on the date shown below: Signature May 18, 2007 Elias Borges Typed or printed name

This collection of information is required by 37 CFR 1.5. The information is required to obtain or retain a benefit by the public which is to file (and by the USPTO to process) an application. Confidentiality is governed by 35 U.S.C. 122 and 37 CFR 1.11 and 1.14. This collection is estimated to 2 hours to complete, including gathering, preparing, and submitting the completed application form to the USPTO. Timo will vary depending upon the individual case. Any comments on the amount of time you require to complete this form and/or suggestions for reducing this burden, should be sent to the Chief Information Officer, U.S. Patent and Trademark Office. U.S. Department of Commerce, P.O. Box 1450. Alexandria. VA. 22313-1450. DO NOT SEND FEES OR COMPLETED FORMS TO THIS ADDRESS SEND TO: Commissioner for Patents, P.O. Box 1450, Alexandria, VA 22313-1450.

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PATENT

Attorney Docket No.:20:1586

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

4166224724

In re application of:

DcGroot, Karl

SERIAL NO:

10/774,482

FILING DATE:

02/10/2004

FOR:

Fixed Dumbbell

Group Art Unit:3764

Examiner: Victor K. Hwang

RESPONSE TO FIRST OFFICE ACTION

Assistant Commissioner for Patents

Washington, D.C. 20231

Sir:

In response to the first official action dated December 22, 2006, please amend the above identified patent application and give consideration to the following remarks with respect to the above-identified patent application as follows:

In the Claims:

Please delete claims 1 to 20 and please add new claims 21 to 24, as specified in the recitation of the claims below.